

Vegetable Greek Panini

by Paige Tyler and Aylin Sandim

spinach leaves

feta cheese

¼ cup Kalamata olives, thinly sliced

½ container each yellow & red grape tomatoes, halved

1 green bell pepper

¼ red onion

fresh thyme; ¼ tsp finely chopped

fresh oregano; ½ tsp finely chopped

olive oil

2 TB red wine vinegar

whole grain ciabatta roll

1. Cut pepper and onion in strips and saute in 2 tsp oil in med high pan. Season with salt and pepper. Set aside to cool.
2. In a mixing bowl add tomatoes, olives, thyme, oregano, vinegar, 2TB olive oil and reserved peppers. Season with salt and pepper and mix well.
3. Build the panini by layering feta cheese, spinach leaves, prepared veggie mixture and another layer of feta cheese. Warm in panini maker before serving.

*mixes well with a parfait of plain low-fat greek yogurt, blackberries and sliced almonds